



VOU News for You

VOUCA Management Newsletter/June 25, 2012

News You Can Use

Pool Hours This Week

Harris Street Pool:
Daily--10 AM to 9 PM

Shafer's Mill:
Daily--10 AM to dusk
Closed Mondays

Holiday Trash Pick-up

There is **no** change to the trash pick-up schedule due to the Fourth of July holiday.

Management Office Closed

The onsite management office will be closed on Wednesday, July 4, for the Independence Day holiday.

Meeting Schedule

Meetings this week at the Natelli Community Center:

Wednesday, June 27, 11 AM - VOU Board of Directors meeting

Please note that the June 2012 Finance Committee meeting has been rescheduled for Monday,
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Questions? Concerns? Contact Us

On-site Office: 9023 Harris St.
Frederick, MD 21704
Phone: 301-831-4810
Fax: 301-831-4811
Email: vouadmin@casinc.biz
Office Hours: 10 AM- 4 PM
General Manager: Aimee Winegar
Asst. Manager: Julie Virnelson

Urbana District Park Now Open

The new Frederick County Urbana District Park is now open! Located at 3805 Urbana Pike, this wonderful facility is right next door to the Villages of Urbana. It includes two tot lots, walking paths, ballfields, and more. Mr. Tom Natelli joined county officials and dozens of local children at the ribbon cutting ceremony on June 19. Enjoy!



Villages of Urbana Social Committee
invites you to an

ADULT POOL PARTY

Friday, June 29
5:30-8:30 PM
Shafer's Mill Pool
Adults, 18+ \$5/person

Live Music by Radio Beast

Catered Menu
Chicken and Beef Satay, Fettuccine
Alfredo, Tossed Salad, Mixed Vegetables,
Chocolate Fondue, and Drinks

*Please RSVP TODAY! to
vouadmin@casinc.biz*

Valid Pool Pass Required
No alcohol permitted in the facility

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July 2, 2012 at 7:00 p.m. at the Natelli Community Center.

Single Family Home Summer Reminders

If you live in a single family home, please remember that the mulching, weeding, and landscaping of the utility box in front of your home (if you have one) is your responsibility. Mowing and weeding the street parcel grass (the area between the sidewalk and the curb) is also your responsibility.

Fitness Center Key Fobs

Key fob pick up is moving to the management office at 9023 Harris Street. Fobs can be picked up there, 48 hours after you submit the waiver form.

Pool Pass Schedule

If you still have not renewed your pool pass—please do it soon! To renew your pass, simply mail, email or drop off the renewal form at the onsite management office. To get a new picture ID pass, stop by the office any weekday between 10 AM and 4 PM. The office will also be open after hours on Monday, June 25 until 6, Saturday, June 30 from 9 AM to noon, and Saturday, July 14 from 9 AM to noon. If none of those hours are convenient for you, please contact the office to make an appointment.

Whom Do You Call?

Frederick County Sheriff's Office
Non-Emergency Number: 301-600-2071
Washington Gas: 800-752-7520
Allegheny Power: 800-255-3443
Frederick County Water and Sewer:
301-600-2187 M-F; 301-600-2194 after
hours and holidays
VOU After Hours Emergency:
888-788-2678

2012 VOU Lazyman Fitness Challenge

Up for a challenge this summer? The 2012 VOU Lazyman Fitness Challenge--the Ironman for Mortals--will run July 7th through August 5th. Pick your goal based on your fitness level and take 30 days to get there.



Half Lazyman: Swim: 1.2 miles, Bike 56 miles, Run 13.1 miles

Full Lazyman: Swim 2.4 miles, Bike 112 miles, Run 26.2 miles

Double Lazyman: Swim 4.8 miles, Bike 224 miles, Run 52.4 miles

Almost everything counts. Doggy-paddle or do water aerobics for those swim miles if you need to. Walking counts for run miles, as do miles done on an elliptical, or even miles spent walking around the zoo with the kids. Don't like riding a bike on the road? An exercise bike counts too. There are no classes to attend. All mileage is reported on the honor system once a week.

Entry is free for VOU residents. Non-residents are \$10. Contact VOURaces@gmail.com to register.

Urbana Music Festival Rocks

The fourth annual Urbana Music Festival and Craft Fair was held last Saturday, June 23 at the Urbana Regional Library. Three bands played at the festival this year: The Fabulous Mary Ann Redmond Band, The Beat Hotel featuring the Bell Hop Horns, and the Chopsteeth Afrofunk Big Band.

Craft vendors, fire trucks, and entertainment for the kids rounded out the event. Kudos to the library staff for making this such a fun annual event for our community.

